## February 2025

## The Conservatory at Alden Bridge

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**SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Dimensions** 9:30 AM - 42 Locations 01 Dominoes (UT) Upper Terrace Lounge (UT) 10:30 AM - Line Dancing Great Room (GR) (GR) Safari Lounge (SL) 12:00 PM - Tech Day Creative Studio (CS) Theatre (TH) with Anjanett (SL) Off Site (OS) 1:00 PM - BINGO with Casino (CA) The Woodlands High Card Room (CR) School (SL) Rotunda (RO) 2:00 PM - Skip-Bo (SL) Fitness Center (FCI) 3:00 PM - Watercolor Dining Room (DR) Class (CS) 4:00 PM - BYOB Happy Hour (SL) 6:30 PM - Movie Night (TH) Abdominal Strength 8:00 AM -7:00 AM - Sunrise 02 Abdominal Strength 8:30 AM - Floor Abdominal Strength 8:30 AM - Floor 7:00 AM - Sunrise 9:30 AM - 42 80 Walking Club (RO) Transportation: Walking Club (RO) Dominoes (UT) Church (OS) Training (GR) 9:00 AM - HEB. Kroger's Training (GR) 9:30 AM - 42 Dominoes Training (GR) 10:30 AM - Line Dancing 9:30 AM - Toning & 8:30 AM - Catholic 9:30 AM - Toning & & Walgreens Trip (OS) (UT) 9:30 AM - Toning & (GR) 9:15 AM - Agility Fitness 10:15 AM - Flexibility & 12:00 PM - Tech Day **Church Transportation** Strengthening (GR) Strengthening (GR) Strengthening (GR) Recovery (GR) (OS) 10:30 AM - Move It or Class (GR) 10:30 AM - One Stroke 10:30 AM - Move It or with Anjanett (SL) 10:00 AM - Church Painting w/Mary Ann 1:00 PM - BINGO with Lose It (GR) 10:00 AM - Bible Study 12:15 PM - Sing A Long Lose It (GR) Service: General 12:00 PM - Bingo (SL) (TH) Brown (CS) (CA) 12:00 PM - Shopping The Woodlands High Hummer (CA) 1:00 PM - Memoir 10:15 AM - Flexibility & 10:30 AM - Move It or 1:00 PM - Pour Painting Trip (OS) School (SL) 12:00 PM - Horse Races 2:00 PM - Skip-Bo (SL) 10:30 AM - Catholic **Creative Writing Meeting** Recovery (GR) Lose It (GR) Craft (CS) 3:00 PM - Soulful Communion (CR) (CS) 11:00 AM - Trivia (CR) 12:00 PM - Fish-Bowl 2:00 PM - Balance Class (CA) 1:00 PM - Men's Fitness Sewing (CS) 11:00 AM - Worship 1:00 PM - Dr. George 11:00 AM - Lunch at The (GR) Bingo (SL) Hymns (GR) Visit (OS) Whistle Stop (OS) 1:00 PM - Hand & Foot 3:00 PM - Meditation (GR) 4:00 PM - BYOB Happy 1:00 PM - BINGO with 1:00 PM - Men's Fitness 12:00 PM - Line Dancing Card Game (UT) with Robert Landau (GR) 1:00 PM - Bible Study Hour (SL) 1:00 PM - Men's Fitness 4:00 PM - Couples 6:30 PM - Movie Night The Woodlands High (GR) (GR) 2:15 PM - Hug A Bear 1:00 PM - 42 Dominoes School (SL) (FCI) 4:00 PM - Happy Hour (TH) Happy Hour (CA) 2:30 PM - Hand & Foot Project (CS) (UT) 1:00 PM - Mah Jongg 4:00 PM - Happy Hour (SL) Card Game (UT) 3:00 PM - Positive Living 1:00 PM - Mexican Train (CA) (SL) 6:30 PM - Dollar BINGO 4:00 PM - Cocktail 6:30 PM - Poker Night 3:00 PM - Mary Mann with Robert Landau (GR) with Jerry (CA) 4:00 PM - Happy Hour Performance (TH) 1:30 PM - Open Bridge Happy Hour (SL) (CA) 6:30 PM - Movie Night 6:30 PM - Movie Night 3:30 PM - Matinee (SL) 6:30 PM - Movie Night (TH) Movie (TH) 6:30 PM - Movie Night 4:00 PM - Happy Hour (TH) (TH) 4:00 PM - Chinese Mah (TH) (SL) 6:30 PM - Movie Night Jongg (UT) 6:30 PM - Movie Night (TH) 6:30 PM - Poker Night (CA)



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| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY  |
|---|--|--|--|--|---|---|
| 8:00 AM - Transportation: Church (OS) 8:30 AM - Catholic Church Transportation (OS) 10:00 AM - Church Service: General Hummer (CA) 10:30 AM - Catholic Communion (CR) 11:00 AM - Worship Hymns (GR) 1:00 PM - BINGO with The Woodlands High School (SL) 2:30 PM - Hand & Foot Card Game (UT) 3:30 PM - Matinee Movie (TH) 4:00 PM - Chinese Mah Jongg (UT) 6:30 PM - Movie Night (TH) | 8:30 AM - Floor Abdominal Strength Training (GR) 9:30 AM - Toning & Strengthening (GR) 10:30 AM - Move It or Lose It (GR) 12:00 PM - Bingo (SL) 1:00 PM - Dr. George Visit (OS) 1:00 PM - Memoir Creative Writing Meeting (CS) 1:00 PM - Men's Fitness (GR) 2:15 PM - Hug A Bear Project (CS) 4:00 PM - Happy Hour (SL) 6:30 PM - Movie Night (TH) | 7:00 AM - Sunrise Walking Club (RO) 9:00 AM - HEB, Kroger's & Walgreens Trip (OS) 9:15 AM - Agility Fitness Class (GR) 10:00 AM - Catholic Mass (CR) 10:00 AM - Bible Study (TH) 10:15 AM - Flexibility & Recovery (GR) 11:00 AM - Trivia (CR) 12:00 PM - Line Dancing (GR) 1:00 PM - 42 Dominoes (UT) 1:00 PM - Mexican Train (UT) 1:30 PM - Open Bridge (CR) 4:00 PM - Happy Hour (SL) 6:30 PM - Poker Night (CA) 6:30 PM - Movie Night (TH) | 8:30 AM - Floor Abdominal Strength Training (GR) 9:30 AM - Toning & Strengthening (GR) 10:30 AM - Woodlands Methodist Worship (RO) 10:30 AM - Move It or Lose It (GR) 10:30 AM - One Stroke Painting w/Mary Ann Brown (CS) 12:00 PM - Fish-Bowl Bingo (SL) 1:00 PM - Men's Fitness (FCI) 1:00 PM - Hand & Foot Card Game (UT) 1:00 PM - Mah Jongg (CA) 4:00 PM - Cocktail Happy Hour (SL) 6:30 PM - Movie Night (TH) | 7:00 AM - Sunrise Walking Club (RO) 9:15 AM - Agility Fitness Class (GR) 9:30 AM - 42 Dominoes (UT) 10:15 AM - Flexibility & Recovery (GR) 1:00 PM - Men's Club (CA) 2:00 PM - Balance Class (GR) 3:00 PM - Town Hall (DR) 4:00 PM - Happy Hour (SL) 6:30 PM - Movie Night (TH) 6:30 PM - Poker Night (CA) | 8:30 AM - Floor Abdominal Strength Training (GR) 9:30 AM - Toning & Strengthening (GR) 10:30 AM - Move It or Lose It (GR) 12:00 PM - Shopping Trip (OS) 1:00 PM - Bible Study (CS) 1:00 PM - Men's Fitness (GR) 4:00 PM - Happy Hour (SL) 6:30 PM - Dollar BINGO with Jerry (CA) 6:30 PM - Movie Night (TH) | 9:30 AM - 42 Dominoes (UT) 10:30 AM - Line Dancing (GR) 12:00 PM - Tech Day with Anjanett (SL) 1:00 PM - BINGO with The Woodlands High School (SL) 2:00 PM - Skip-Bo (SL) 3:00 PM - Watercolor Class (CS) 4:00 PM - BYOB Happy Hour (SL) 6:30 PM - Movie Night (TH) |
| 8:00 AM - Transportation: Church (OS) 8:30 AM - Catholic Church Transportation (OS) 10:00 AM - Church Service: General Hummer (CA) 10:30 AM - Catholic Communion (CR) 11:00 AM - Worship Hymns (GR) 1:00 PM - BINGO with The Woodlands High School (SL) 2:30 PM - Hand & Foot Card Game (UT)  | 8:30 AM - Floor Abdominal Strength Training (GR) 9:30 AM - Toning & Strengthening (GR) 10:30 AM - Move It or Lose It (GR) 12:00 PM - Bingo (SL) 1:00 PM - Men's Fitness (GR) 1:00 PM - Dr. George Visit (OS) 1:00 PM - Memoir Creative Writing Meeting (CS) 2:15 PM - Hug A Bear Project (CS) 4:00 PM - Happy Hour                                 | 7:00 AM - Sunrise Walking Club (RO) 9:00 AM - HEB, Kroger's & Walgreens Trip (OS) 9:15 AM - Agility Fitness Class (GR) 10:00 AM - Bible Study (TH) 10:15 AM - Flexibility & Recovery (GR) 11:00 AM - Trivia (CR) 12:00 PM - Line Dancing (GR) 1:00 PM - 42 Dominoes (UT) 1:00 PM - Mexican Train (UT) 1:30 PM - Open Bridge  | 8:30 AM - Floor Abdominal Strength Training (GR) 9:30 AM - Toning & Strengthening (GR) 10:30 AM - Move It or Lose It (GR) 10:30 AM - One Stroke Painting w/Mary Ann Brown (CS) 12:00 PM - Bingo Auction (CA) 1:00 PM - Hand & Foot Card Game (UT) 1:00 PM - Men's Fitness (FCI) 1:00 PM - Mah Jongg (CA)   | 7:00 AM - Sunrise Walking Club (RO) 9:15 AM - Agility Fitness Class (GR) 9:30 AM - 42 Dominoes (UT) 10:15 AM - Flexibility & Recovery (GR) 12:15 PM - Sing A Long (CA) 1:00 PM - Flower Club (CS) 2:00 PM - Balance Class (GR) 2:00 PM - Mardi Gras Mask Making Craft (CS) 4:00 PM - Happy Hour (SL)       | 8:30 AM - Floor Abdominal Strength Training (GR) 9:00 AM - Podiatrist (OS) 9:30 AM - Toning & Strengthening (GR) 10:30 AM - Move It or Lose It (GR) 12:00 PM - Chili Cook- Off (SL) 12:00 PM - Shopping Trip (OS) 1:00 PM - Bible Study (CS) 1:00 PM - Men's Fitness (GR) 4:00 PM - Go-Texan                |   |